

7 October 2010 Weekly News Announcements and Attachments- Enjoy your Holiday Weekend!

1. Morale Call Information: For free calls to your Families from overseas, here is the procedure that I received from the Fort Riley Post Operator. Call the DSN number of 312-856-3911 and here are the instructions:
 - i. Press 2 or say Morale Call, or if you are calling during Operator hours (M-Thur 0730-1730, Friday 0730-1630 and they are off every other Friday- for example they are off 1 Oct and do not work on weekends) Press 0 and you will be connected to an Operator
 - ii. Give them or dial the number you want to connect too. There are some rules for this , they are as follows:
 - b. If you live on Fort Riley, in or in Junction City, or Wakefield- there is no time limit on the call
 - c. But if it's considered a long distance call then it will be a 10 minute call but you can call back as many times as you like per the Operator I spoke with. Please note that Ogden it is considered a long distance call

2. 1 HBCT is offering one class, two separate nights on Operation Security, if you are associated with any Social Network that pertains to your BN such as an Admin on Facebook or have any SNS that you list information on for the Families we are asking that you please come take the training-

- Protect Yourself/Your Family
- Protect Your Soldier
- Watch what you say/post
- Watch what you do

You never know who is watching you!

26 October: 6:30 pm -8pm

9 November: 6:30 pm-8pm

Location: BLDG 7270 (behind the 1 HBCT BDE Building 7450, on Normandy across from Custer Hill Outdoor pool) Free childcare at Warren East, must RSVP to Noel Waterman for the 26 Oct class by 20 Oct, and 3 Nov for the 9 Nov Class You must be registered with CYSS to use the Warren East Location- registration is FREE

3. 1ID Div Weekly News was NOT available at the time of this email and will be posted for you to view at the following link in the next couple of days at:
http://www.1id.army.mil/DocumentList.aspx?lib=1ID_FRG_Updates .
4. Brigade Blankets are still available to purchase, order form in the October newsletter attachment. We must have 35 orders by 22 November to receive the blankets in time for Christmas. \$35 /piece.
5. FREE Basketball Clinic being held at Ft Riley Middle School by the K-State Women's Basketball Team, Date: 21 October, Time: 2:00-3:30 for Elementary Ages, 3:30-5:00 for Middle School Ages. Please RSVP to Chelsi at cmmedved@ksu.edu this information: Child's

name, Gender, Guardian's Name, Email Address, Phone Number, Unit Soldier belongs to. Registration closes on 18 October. Remember Camp is FREE and open to all children. Please dress in appropriate athletic clothes!

6. HASFRs Ghost Tours- Do you believe in ghosts? Are there really ghosts on Fort Riley? Skeptic or not, come and join the Historical and Archaeological Society of Fort Riley (HASFR) for our annual Ghost Tours of Historic Main Post on Sunday, October 24, 2010 from 4:00-7:00 pm. The last tour leaves at 7:00 pm. For more information please contact Kim Wagenblast at Hasfrevents@yahoo.com or 785-223-1513
7. The Enlisted Spouse's club will be hosting an ASYMCA Fall Harvest Potluck on October 27, 2010 from 6:30 pm-8:30 pm. We will be having a "Thanksgiving dinner" potluck and will be making a fall craft. Each person is asked to bring a dish of their choice and a bag of filler (acorns, corn seed, dried beans, rice, coffee beans...etc). We are also taking up a food drive for the Open Door Shelter in Junction City. Please bring in any nonperishable food items you wish to donate. Free childcare is provided, if your child is currently registered with ASYMC. Include childcare names and ages with your RSVP. Please RSVP to escpresident@hotmail.com or via the website at <http://fortrileyesc.web.officelive.com> by October 20, 2010.
8. The Commissary is still having problems with counterfeit coupons. They ask that you please understand that there are coupons out there that are showing up at the registers and the cashiers are informing customers if their coupons are not good. 8.6 of store sales are Coupon use. This year customers have saved \$2,680,000 with coupons. They have a couple web-sites for you to learn more and where to go to get good coupons for your shopping. www.cents-off.com to learn more about coupon fraud. www.commissaries.com look under the "Links" to getting sites where you can get valid coupons.
9. Fort Riley's Officer and Civilian Spouse's Club will have its first event of the year at 6 p.m. Oct. 14 at Britt's Farm with a scavenger hunt, bon fire, hayrack ride, dinner, drinks and s' mores. More information on the event will be available on the OCSC website after the monthly newsletter gets published or by e-mailing tammasoner45@aim.com.
10. Fort Riley's Tobacco Cessation Campaign October 1, 2010 - October 1, 2011 has begun. Are you ready to quit, yet? Have you cut back on the number of cigarettes, or number of times you chew, each day? Has a friend or loved one said that they wished you would stop using tobacco? Have you given any thought to having a lung disease like emphysema, throat cancer or lung cancer when you're older because you use tobacco? It's time. Active Duty Service Members and their families, and retirees, can get FREE tobacco cessation counseling and medication through the Preventive Medicine Service. To get the medications, you must enroll in the counseling program and do your best to complete all the session. There are four sessions -- one a week for four weeks -- and enough medication to last 12 weeks if you complete all 4 sessions. Think of the money you can save not buying tobacco. IACH now offers Chantix for smoking cessation. To see a handout on Chantix, please visit the IACH website at <http://iach.amedd.army.mil/sections/clinics/preventiveMedMain.asp> Think about having better breath! Think about being healthy. Call 239-7323 for information and to

enroll. Although the decline in the U.S. adult smoking rate has stalled over the past several years, smoking amongst active duty personnel remains a problem.

11. The 2008 Department of Defense (DoD) survey, "Health Related Behaviors Among Active Duty Military Personnel", reported that 30.5 percent of active duty personnel smoke. A June 2009 Institute of Medicine report, commissioned by the Department of Veterans Affairs and the DoD, found that 22 percent of all veterans smoke. For beneficiaries looking to quit, TRICARE offers multiple programs and services to help. Treatment, including smoking cessation programs, is available at many military treatment facilities. Beneficiaries can find a local military treatment facility at www.tricare.mil/mtf.
12. All non-Medicare eligible TRICARE beneficiaries within the United States can get assistance with smoking cessation by calling TRICARE's Smoking Quitline, toll-free, 24 hours a day, seven days a week, including weekends and holidays. Beneficiaries in the TRICARE South Region can reach the quitline at 877-414-9949. Beneficiaries living in the North Region can call 866-459-8766 and those living in the West Region can call 866-244-6870. Beneficiaries using Medicare can get assistance through Medicare. Any TRICARE beneficiary, who wants to quit using tobacco, including the smokeless kind, can access the official DoD sponsored website at www.ucanquit2.org. "Quit Tobacco. Make Everyone Proud." is an educational campaign available to help beneficiaries develop personalized plans for quitting. Beneficiaries can play games, listen to podcasts, connect to online cessation programs and chat with trained cessation counselors. Assistance is available seven days a week, from 8:30 a.m. to 10:00 p.m. Eastern time.
13. Education Services, counseling services to consolidate: Due to the lack of continued contractor support at Education Services, all counseling services will be consolidated into one building. The change in services, by building, will be effective Oct. 11. Changes are as follows: Learning Center, 217 Custer Ave., on Main Post - This center is open from 7:30 a.m. to 5 p.m. during the week. All education counseling services and APT testing will be done at this site. Proctoring for distance learning will be provided by your school or by contacting the Junction City Library at 785-238-4311. Multi-Learning Facility, 7604 Parker St., on Custer Hill - There will not be any computers available for use. LSEC and college classes will meet as scheduled. Learning Center No. 2, 7656 Graves St., on Custer Hill - No counseling services will be available at this site until further notice. The tutor center will remain open. LSEC and college classes will meet as scheduled. The changes will remain in effect until such time Education Services has received sufficient manpower to support reinstating services.
14. The Employment Readiness Program is hosting a weekly job seekers workshop from 1 to 3 p.m. on Tuesdays and Thursdays at Army Community Service, Building 7264 Normandy Dr. Tuesday workshops will focus on NAF applications, how to read vacancy announcements, application forms, and the step-by-step process for filling out applications. Thursday workshops will focus on the federal Resumix system, how to read federal announcements, assistance in researching positions for specific job qualifications and new spouse non-competitive status. Workshop attendees will be able to set up one-on-one appointments to review their final applications. For more information or to register, call 785-239-9435.

15. Manhattan is the perfect place for trick, treatin' and celebrating the spookiest day of the year. It all starts at Sunset Zoo on Saturday and Sunday, October 23-24, with SPOOKtacular, when children have the chance to dress up and see the zoo while collecting treats! On Friday, October 29 there will be other trick-or-treatin' opportunities, including BeWitching in Westloop Shopping Center from 4-7 p.m. (check in at the courtyard next to Little Apple Brewing Company), All Treats Day in Downtown Manhattan from 4-6 p.m., and at Boo Party in Manhattan Town Center from 5:30-7:30 p.m.
16. Courtesy of our wonderful partnership with KState, we have 50 tickets FREE to Soldiers and Family Members for the Oct 8 7:30 pm McCain performance of Janis Ian. All information is below. These are available after 11 am tomorrow at the Chamber office located at 501 Poyntz AVE. They will be available while supplies last until 5 pm on Friday. This is a unique cultural experience being made available to Fort Riley personnel. If you would like tickets, please stop by our office. You may call first to check if tickets are still available. I will be out of town on Thu and Fri, so please check with Nell at our front office if you call. Don't wait to get your tickets and enjoy a relaxing night of music. POC: Bevin, Military Community Liaison, 785-776-8829 wk or 785-341-4540 cell
17. If you have ever been through a military deployment, there are no words to explain how hard it is to send the father or mother of your children off to some foreign, dangerous land, leaving you all behind.... Alone. It's indescribable to watch their faces light up as their mother or father comes up the stairs of the airport after months, possibly a year or more, of not hugging each other. Emotions fly through the main lobby, it's so very good to have them home. Your base's Family Support Squadron will help you with your deployment. But the last thing on your mind when your wife or husband arrives home after a 4 to 18 month tour, is capturing all this love- on film. Most people are so overwhelmed with emotions they forget to simply point and shoot the camera they are grasping of their child's first hug, or that single tear of relief from a mother being able to hold her twenty year old son again. With the help of Operation: Love ReUnited and local photographers near your base, you can. The Operation helps those long months go by a little faster. It's designed to capture moments that you will never remember. It's art. It's love. And it's all made possible by artists wanting to give something back to those who make the United States what it is, and ask for nothing in return- but to come home. If you are a member or family member of the United States Military, and are interested in having very special and touching images with a patriotic edge taken of you and/or your family before a deployment or during, and at your reunion, please contact a photographer in your area now. You will receive a substantial package as a gift in appreciation for all you have been through as a military member. The package will always include a 4x6 album of pre-deployment images, such as a child's hand clasped in his parent's with the faint glimpse of a BDU sleeve, a marine in dress with his family, a sailor with his parents right before departure, or a child playing dress up in combat boots and a helmet. The album will be sent to the deployed soldier by the photographer, at no cost to you. Also with your package, all session fees will be waived. Your photographer may have a designated package or other options for Operation: Love ReUnited participants at their discretion with a signed model release. There are several photographers around Fort Riley that are apart of this organization and do amazing work. <http://www.oplove.org/>

18. Please share this with anyone with fallen Soldiers. They do free oil paintings of fallen Soldiers (post 9-11). Would be a really nice thing for some to have. www.heropaintings.com
19. Free night on November 10th only. You must call the bed and breakfast directly to make a reservation. A list of the participating Inns is on the website. www.bnbsvets.org (also in the October Newsletter attachment)

Attachments:

1. 1HBCT Brigade Newsletter

Social Media ways to get your Weekly News, Announcements and Updates:

1. 1 HBCT Weekly News Announcements are posted for your convenience at the following link: <http://www.riley.army.mil/UnitPage.aspx?unit=1bct> , click on the Weekly News and Announcement Section.
2. 1ID Div Newsletter is posted for you to view at the following link: http://www.1id.army.mil/DocumentList.aspx?lib=1ID_FRG_Updates .
3. Post newspaper, published new every Friday, can be found at www.1divpost.com.
4. Information can also be found on our 1HBCT Facebook page.
http://www.facebook.com/note.php?created&¬e_id=139887829385380&id=129814630383090#!/1HBCTDevilBrigade?ref=sgm or if you DO NOT have a Facebook page please click this link: <http://www.facebook.com/1HBCTDevilBrigade>
5. 1HBCT vFRG websites: instructions are:
Go to Army FRG Homepage: <http://www.armyfrg.org> Click on "Find an FRG" in the upper left navigation bar
Select the location of our FRG - "Kansas"
Select the Soldier's assigned Battalion or HHC from the listed FRGs at Ft Riley, Kansas- HHC, 1HBCT- The Devil Brigade (Kansas, UIC:WAHDAA), see below for the rest of the 1 HBCT Units.
In the dropdown window on the next page, make the appropriate selection. I am subscribing as a "Family Member" or "Soldier" (Remember that the Soldier must register first)
Enter the last 4 digits of the Soldier's SSN, first name and last name. YOU MAY RECEIVE THIS ISSUE- "The Soldier information you entered does not match any Soldier data in the vFRG database. Please check that the Soldier information is correct and try again". If you get this error, please do not continue to register. An email will be sent to us and we will manually add the Soldier's name. We will research the issue and reply via email to you. If you haven't received an email back in 72 hours, Email the FRSA and they will research and get the information in for you if applicable. You will need to provide her with Soldier's Full Name/Rank/SSN#. If you received the above message, you will need to wait to continue until we contact you. Please proceed to next step if no issues.

Follow the steps to complete the registration and the password needs to be 6-10 characters (if you are already a member of Army OneSource, you must use the same username and password for this site)

Registration is complete- hit "Continue" button

You are at the "Welcome to Your FRG" page

Go to the left hand column under "New Site Tools"

Click on "Find an FRG" again

Click on Kansas again and you will see in Red that you are pending approval- within 48 hours (usually less then that unless weekend/holiday) you will then receive an email stating that you have been approved. Email will state this: "To access your FRG, log into the Army FRG web site. After you do, you'll see a dropdown at the top of the screen on the right. Select your FRG from the dropdown and then click on the "Go" button next to it. "HHC, 1HBCT- The Devil Brigade" or your BN name **More detailed instructions are provided on the www.armyfrg.org homepage, or you can contact your FRSA for assistance.

101st Brigade Support Battalion (Kansas, UIC: WJA1AA)

BSTB (Kansas, UIC: WJM1AA)

1-16 Infantry, IRON RANGERS! (Kansas, UIC: WAHDAA)

1st Battalion, 5th Field Artillery (Kansas, UIC: WAHNTD)

1st Engineer Battalion (Kansas, UIC: WAHCAA)

2-34 AR, 1BCT, 1ID (Kansas, UIC: WAHOTO)

4-4 Cavalry (Kansas, UIC: WGY7AA)

6. Fort Riley has launched an e-mail notification service. Sign up for "In Touch with Fort Riley" to get information about upcoming events or services on post and in the surrounding communities. To register, visit www.riley.army.mil and complete the form linked on the homepage.
7. Fort Riley Calendar with Events: <http://www.riley.army.mil/calendar/> bottom of that page lists additional calendars for surrounding areas